

TREATING YOUR CHILD'S PAIN AT HOME

SEVERE PAIN IS YOUR CHILD

Needing lots of help with activities like going to the bathroom or bathing?

Having lots of trouble eating or drinking?

Feeling severe pain (constant crying, jerking, kicking, unable to soothe)?

USE

BOTH Tylenol© (acetaminophen) AND Advil© or Motrin© (ibuprofen) every 6 hours while awake

Take prescribed pain medicine as told by your doctor

Call your doctor as instructed in your discharge papers

MODERATE PAIN IS YOUR CHILD

Able to do some normal activities with help?

Able to eat and/or drink some?

Feeling medium pain (often tense, restless, crying, hard to soothe)?

USE

BOTH Tylenol© (acetaminophen) AND Advil© or Motrin© (ibuprofen) every 6 hours while awake

ALSO TRY

Putting ice on the area of pain

Lifting (or raising) the area above the heart

Taking your mind off of the pain by watching TV, reading, or playing a game

MILD PAIN IS YOUR CHILD

Able to do most daily activities like sleeping and getting to the bathroom?

Able to eat and/or drink?

Feeling mild pain (sometimes frowns or moans, squirms, is able to be soothed)?

USE

Tylenol©(acetaminophen) AND/OR Advil© or Motrin© (ibuprofen) AS NEEDED

ALSO TRY

Putting ice on the area of pain

Lifting (or raising) the area above the heart

Taking your mind off of the pain by watching TV, reading, or playing a game